

Historic, Archive Document

Do not assume content reflects current scientific knowledge, policies, or practices.

1942
R2F11
FACTS ON SPINACH

January 11, 1945

Texas is sending a bumper crop of spinach to market now, and the supply is expected to continue large for a number of weeks. The market reports from most of our northeastern cities show that carloads of spinach are being held over every day, and that additional carloads arrive each day to take the place of spinach that is consumed. Spinach is plentiful, the wholesale price is low, and the retail price in most markets is reasonable in comparison with other food costs.

A fresh vegetable in plentiful supply should be a boon to women who must watch their ration points, and at the same time want foods high in nutritional value, attractive in looks, and appealing to the appetite.

Food Values Spinach is more important as a source of vitamin A, essential to good eyesight and to good health generally. It also contains several other minerals needed by the human body. The deep green color of spinach indicates its high value as a source of vitamin A. This is a vitamin that the body can store up from day to day, so that plentiful helpings of spinach now will help safeguard health in future days also.

Cooking Pointers Five to ten minutes cooking is all that spinach requires, and to keep its food value it should be cooked as fresh as possible. Wash it carefully in several changes of water, after discarding wilted leaves, and cutting off stem ends. Lift the spinach out of the water each time, so that sand and grit will settle out. Cook the spinach without adding water. The amount of water that clings to the leaves from washing is enough. If the spinach is drained for serving, save the juice for soup stock or for vegetable juice cocktail.

Ways to Serve Spinach A variety of methods of serving this food will make it more appetizing when served several times a week. For a change from plain or chopped spinach, add some onion or lemon juice. For a colorful combination of good foods, combine spinach with eggs in a variety of main dishes. Raw spinach makes a good tossed salad. Another way to prepare it quickly on top of the stove is to pan the spinach with a little fat. It combines well in vegetable loaf or in cream soup.

Spinach Omelet Add drained and finely chopped cooked spinach to the egg mixture before cooking. Or spread the cooked vegetable on top of the omelet after it has set but before it is rolled from the pan onto the serving platter.

Creamed Spinach Use one cup of white sauce for each two cups of cooked spinach. For a medium white sauce blend two tablespoons of flour with 2 tablespoons of fat, and add one cup of milk. Cook the mixture slowly and stir it until smooth. Add salt to taste.

Cream of Spinach Soup Heat one quart of milk in a double boiler. Blend two tablespoons of flour with two tablespoons of melted fat. Add a little hot milk, stir until smooth and add the mixture to the milk in the double boiler. Add $1\frac{1}{2}$ teaspoons of salt and two cups of finely chopped raw spinach. Stir the mixture until it is thick, cover, and cook about 10 minutes. (serves six)

Panned Spinach For each quart of spinach, melt two tablespoons of fat in a flat heavy pan. Add the spinach and cover it tightly. Cook the spinach slowly, stirring it occasionally, until tender. Add seasoning and serve hot. Meat drippings used as the fat add flavor to the dish. Chopped onion may also be added.

Spinach salad Mix raw chopped spinach with diced tomatoes or hard cooked egg.

